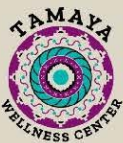


Announcements & Upcoming Activities



**SHELLEY RAEI, RDN
PRESENTATION**
TWC CONFERENCE ROOM

**NOV
12**

ALL ABOUT SUGAR!

Sugar is one of the most talked-about topics in nutrition, but what's fact and what's hype? Join Registered Dietitian Shelley Raei for a clear, practical look at sugar in our foods and our bodies. Learn the difference between natural and added sugars, how to read labels, and what "moderation" really means. Shelley will also address common myths about sugar, diabetes, and artificial sweeteners, and share tips on enjoying your favorite foods while maintaining balanced health.



**WED
5:30PM**

Gift cards will be given to Tamaya community members 16 yrs and older who attend the presentation

For more information contact Laura Cell; 505-980-1066 Email; laura.nava@santaana-nsn.gov



every 3rd Tuesday of the month

COMMUNITY FOOD PANTRY

Nov. 18th, 2025
3pm - 6pm
Tamaya Wellness Center



food
provided by



**TAMAYA
WELLNESS
CENTER**

Save the Date!

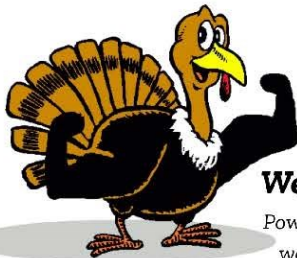
- Please bring your reusable bags.
- All Community & Employees are welcome.

questions, information, or assistance,
please contact: Perdita Wexler at

(505) 771-6770 or Perdita.Wexler@santaana-nsn.gov

Feast Mode FITNESS CLASSES

SPECIAL 1-HOUR THANKSGIVING HOLIDAY CLASSES



TWC Gymnasium
Wednesday 11/26 @ 6:30am

Power up before the holiday! A high-energy workout designed to build strength and stamina so you can head into Thanksgiving feeling your best.

TWC Gymnasium
Saturday 11/29 @ 8am

Refocus and recharge after the holiday.
This session combines cardio and strength
to reset your body and mind.



For more info, please contact the fitness office (505) 771-6745



PERSONAL TRAINING

Let us help you reach your goals with:

- 30-minute or 1-hour sessions
- 4 to 8 week programs
- weight & cardio training



ISAAC LEON

NASM CPT
Isaac.Leon@santaana-nsn.gov
(505) 549-8231



BOBBY THARPE

ISSA CPT
Bobby.Tharpe@santaana-nsn.gov
(505) 706-3299

sign up for PT and receive a \$30 Gift Card!

*must complete at least 4 30-min sessions to receive gift card

CONTACT FOR MORE INFO OR TO SCHEDULE YOUR FIRST SESSION!

Announcements & Upcoming Activities

TAMAYA WELLNESS CENTER



MISTLETOE MADNESS
WOMEN'S BASKETBALL TOURNAMENT

DECEMBER 5TH - 7TH 2025
TEAM REGISTRATION NOV 1ST - NOV 28TH

\$250 TEAM ENTRY FEE
8 TEAMS
12 PLAYER ROSTER MAXIMUM
3 GAME GUARANTEE
1ST PLACE INCENTIVE
AGES 16+
OPEN TO THE PUBLIC!

CLICK HERE OR SCAN QR CODE TO REGISTER TEAM



FOR MORE INFORMATION, PLEASE CONTACT SPORTS & EVENTS @505-771-6381
JOSEPH @505-785-4792 OR KHRISTIAN @505-607-2255

Winter Bazaar

📍 Tamaya Wellness Center
★ 225 Ranchitos Rd, Santa Ana Pueblo 87004

December 13th, 2025
9am-3pm
Open to the public!

- Local artists
- Homemade baked goods

Scan QR code or register with link.
<https://forms.office.com/g/gUQUxw2kSc>



TAMAYA WELLNESS CENTER

Santa Ana tribal members free-limited booths available.
Outside public vendor fee \$50
For more information, please contact Sports & Events @ 505-771-6381 or Joseph @ 505-785-4792 for more details and booth availability.

TAMAYA WELLNESS CENTER



LIFEGUARD TRAINING COURSE
OPEN TO THE PUBLIC

Join our Certified Lifeguard Training Course and learn CPR, first aid, water rescue techniques, and essential lifesaving skills. This Lifeguard Training Course is Open To Everyone!

All participants will need to be able to complete 3 prerequisite skills:

- 300 yard swim
- 2 minutes of treading water without hands
- Retrieving a 10 pound brick from the bottom of the pool

Cost: \$120.00 per person
FREE for Santa Ana Tribal Members

Ages 15 & Up • Spaces are Limited, Sign Up Today!
for class date, time, and schedule, please call:
Call (505)-645-4265 or (505) 771-6372
trevor.thuma@santaana-nsn.gov

TAMAYA WELLNESS CENTER

LIFEGUARDS WANTED
TO LEAD, SERVE AND BE A PART OF OUR TEAM!

NOW HIRING LIFEGUARDS

- Applicants must pass the Red Cross Certification Course (call for available class)
- Applicants must be 16 years or older
- Positions start at \$15.40 - \$18.48 per hour
- See job posting for more details



Apply online at:
<https://santaana-nsn.gov/humanresources/>

In-Person at:
02 Dove Road
Santa Ana Pueblo, NM 87004

FOR MORE INFORMATION CALL: (505) 771-6372